

Justin's®

Justin's Squeeze Packs
featured as a *healthy, travel-friendly snack* in

Women's Health

Eat the nut butter straight from the container or spread it onto celery sticks, apple slices, or whole-grain crackers to make them extra filling.

- Women's Health, December 2011



Pack Light

Four healthy, travel-friendly snacks to stow in your bag

1

Cereal, Sans Milk
It's satisfyingly crunchy but way better for you than chips or pretzels. Look for boxes with no more than 120 calories per cup and a decent amount of fiber to tide you over, such as Kashi 7 Whole Grain Honey Puffs.

2

Turkey Jerky
This practically fat-free protein source is chewy enough to keep your mouth busy as the miles roll by. Oh Boy! Oberto All Natural Teriyaki Turkey Jerky is minimally processed and packs 11 grams of protein per serving.

3

Fruit Snacks
Go for the most durable fresh picks (such as apples and oranges) or stash a few no-sugar-added Stretch Island Fruit Co. Original Fruit Strips in your bag for a fiber-filled way to satisfy a sweet tooth. Skip sugary dried fruit.

4

Nut Butter
Justin's and Barney Butter make single-serve packs (200 calories or fewer). Eat the nut butter straight from the container or spread it onto celery sticks, apple slices, or whole-grain crackers to make them extra filling.

Experts Swear By

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